INSIDE OHSSAA
BOYS LACROSSE

INDIVIDUAL INSTRUCTION

In 2013 the OHSSAA passed the “Individual Instruction Regulation.” This regulation permits coaches to do just what the regulation implies: provide Individual Skill Instruction. It was never enacted to increase the amount of ‘team time’. This document explains the regulation in detail.

Resources:
OHSAA General Sports Regulations:

Boys Lacrosse Regulations:
http://www.ohsaa.org/Portals/0/Sports/Lacrosse-Boys/blxrglts.pdf

General Sports Regulation #8.2.1 permits school coaches to provide INDIVIDUAL instruction outside the season of play. This includes players that were part of their school teams the previous season. This is designed as guidance for Administrators and Coaches administrating and utilizing this General Sports Regulation while also clarifying several often-confused facts surrounding other out-of-season regulations.

WHAT IS COACHING?

Instruction or coaching provided to a member of a school team in which the techniques and skills of the sport are being taught and the activity does not involve team instruction. It is considered to be providing individual skill/coaching instruction when the techniques and skills of the sport are taught in a one-on-one or individual setting. This means instruction or coaching comes directly to a student-athlete from a coach or instructor. A student-athlete watching video/film with a coach or instructor is also an activity defined as individual skill/coaching instruction.

HOW MANY?

The individual instruction regulation is designed to provide just that... individual instruction. This means that you may only work with 4 individuals in all combined facilities. You cannot have 4 players with you in the gym, 4 players with your assistant in another gym and 4 players running drills with a volunteer assistant outside. It is 4 IN ALL COMBINED FACILITIES. The regulation was created to give individual attention to a small group of individuals.

WHO COUNTS?

Any student athlete who has established their OHSAA eligibility by playing on a school lacrosse team. Even if you have 1 athlete from last year’s team and 3 players who have never played lacrosse before, the limit is still 4.

WHEN & WHO CAN YOU COACH?

Individual instruction may occur in the off-season any time outside of the no-contact period.

Frequent Q & As

Q: What if I have 1 player present, is that ok?
Answer: Yes, because the limit is 4.

Q: What if I have 4 players present, is that ok?
Answer: Yes, because the LIMIT is 4.

Q: What if I have 4 players present and 4 of my coaches present, is that ok?
Answer: Yes, because the limit is 4 INDIVIDUALS receiving instruction present.

Q: What if we simply ‘drop a curtain’ in the gym so 4 players are being instructed on one end of a gym while 4 others are being instructed on the other. Is this ok?
Answer: No, because the limit is 4 in all combined facilities where the instruction is taking place.

Q: Can we have 4 individuals receiving instruction in the ‘main gym’ while 4 others receive instruction in the ‘Auxiliary gym’?
Answer: No, even though the gyms are separate, they are still considered as part of the “all combined facilities” and instruction would be limited to 4 TOTAL in any and all gymnasiums.